

Cancer Screening Saves Lives!

In countries like Canada, an estimated 40 to 50 per cent of cancers can be prevented by changes in lifestyle, occupational and environmental risk factors. Early detection and treatment of cancers can make a significant difference in treatment cure rates and/or prognosis.

Cancer screening is important. It allows us to catch early signs that a cancer may have started.

Primary care providers play a crucial role in cancer risk education, cancer screening and early detection. Your primary care providers at Bridges CHC are trained in cancer screening and are available to discuss cancer related topics with you and plan cancer prevention and screening activities to help you reduce your cancer risk and detect cancer early.

Several of these include:

- HPV vaccinations (also available through public and health and school systems)
- Skin assessments and treatment of precancerous skin lesions
- Pap testing
- Breast cancer screening and mammograms
- Colon cancer screening
- Lung cancer screening and smoking cessation programs
- Referral to specialty clinics and specialists

To learn more about cancer screenings, visit Cancer Care Ontario: <https://www.cancercare.on.ca/pcs/screening/>



Screening for breast, cervical and colorectal cancer saves lives. Cancer screening detects pre-cancerous changes, or cancer at an early stage when there is a better chance of treating it successfully. Screening is for individuals who do not have any cancer symptoms.

Breast

Regular breast cancer screening can find cancer when it is small and there is a better chance of treating it successfully.

Cervical

Cervical cancer is almost entirely preventable with regular screening, appropriate and timely follow-up of abnormal Pap test results and HPV immunization.

Colorectal

When colorectal cancer is caught early through screening, a person with colorectal cancer has a 90% change of being cured.

Advocating for Access to Dental Care for Adults and Seniors on Low Incomes

Between two to three million people in Ontario do not visit the dentist each year, with cost being a significant factor. Bridges CHC supports the work of the Niagara Dental Health Coalition (NDHC) to lead advocacy efforts across Niagara and the province calling for the expansion of publicly funded dental care for adults and seniors who live on low incomes. This work includes:

- ⇒ **Municipal Resolutions:** This past fall, the municipalities of Port Colborne, Wainfleet, and Fort Erie were amongst nine municipalities across Ontario to show early support for a resolution calling on the province to ensure low income adults can access dental care.
- ⇒ **Petitions:** Over 2000 signatures have been gathered across Niagara region calling on the province to expand dental care access. These signatures have been given to Niagara MPPs and presented in the Ontario Legislature.
- ⇒ **Barriers to Accessing Dental Care in Niagara Needs Assessment:** In mid-January 2017, the NDHC will be conducting an assessment of barriers to accessing dental care in Niagara region. There will be an on-line link available at www.bridgeschc.ca and paper copies will be available in our waiting rooms and with community partners across Niagara. If you face barriers to accessing dental care in Niagara, be sure to add your voice!

Bridges Community Health Centre, Port Colborne Site

COMMUNITY NEWSLETTER January ~ April 2017

We Are An Ally

Community Health Centres offer people who have traditionally faced barriers to health services a place to go. It is not right that people, including members of the LGBTQ community, face these barriers, but it is required of us to do all we can to ensure our space is one of safety and respect.

At Bridges Community Health Centre (CHC), we are committed to the communities we serve and that has led us to learn more about how we can do a better job of supporting people of all gender and sexual identities.

The communities we are part of are very diverse, people of different ages, professions, ethnicities, genders and sexualities walk through our doors each day. Our community programs are open to everyone. We recognize that our clients and the broader community can come together in these programs to learn more about their health and wellness. It is important that we continue to support the communities we work in and make sure our space is one of respect, inclusivity, and where all people feel safe to be themselves. It is not only important, but a right that each person feels welcome to be who they are.

We want the community to know we are an ally. Right now, that means we are committed to learning more. We recognize this will be a journey of continued learning and is one that we are on with the entire community: our staff, volunteers, community members and partners. Our intention is to consider all ways—both large and small—that our behaviours and practices at Bridges CHC will contribute to creating a safe space for the LGBTQ community.



Flu shots are still available at Bridges CHC in the new year ~ please call the clinic to book an appointment. Flu shots are for our registered primary care clients only.

Bridges CHC primary care clients with high blood pressure or a family history of high blood pressure can drop in to our community room on the first Wednesday of every month between 9:00-11:00am for our blood pressure clinic.

Happy New Year!

As we enter the new year, I'd like to reflect on some changes we've seen at Bridges Community Health Centre (CHC) in 2016.

Throughout the year, we welcomed three new staff to our team — Mike Barlow, IT/Data Management Coordinator, Lauren O'Connor, Registered Social Worker, and Ashley Chiarello, Health Promoter (Fort Erie site).

In Port Colborne, we had a mini baby boom with three staff members, recently welcoming their bundles of joy — Trisha Bering and Shannon Dugas each had a baby boy, while Christina Dupont had a baby girl. Moms and babies are all doing well! Covering maternity leaves are Chris Apostolon, Diabetes RN Educator, Athena Li, Diabetes Dietitian Educator, and Amber Clements, Physiotherapist Assistant.

2017 promises to be an exciting year at Bridges Community Health Centre—watch for updates in our newsletters, on our website and social media channels, and throughout our waiting rooms!

Lastly, on behalf of the entire team at Bridges CHC, I wish you good health and happiness throughout the coming year.

Sincerely,
Taralea McLean, Executive Director



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HEALTHY EATING & NUTRITION PROGRAMS

ASK A DIETITIAN: Drop in to this monthly session and talk with a Registered Dietitian and get answers to your nutrition questions. Forget the fad diets; get advice on managing weight for a lifetime. Bust nutrition myths and get sensible advice on meal planning. **Four sessions: Wednesday January 18, February 15, March 15, April 19; all sessions from 4:00-5:00pm.**

CRAVING CHANGE: This six week how-to workshop is focused on changing your relationship with food. You will learn to understand why you eat the way you do; how to comfort yourself without food, and how to change your thinking so you can change your eating. **Information session: Wednesday, April 26, 4:00-5:00pm; six week program will start on Wednesday, May 3, 4:00-5:30pm.**

GROCERY STORE TOURS: Join our Registered Dietitian at a local grocery store. Discover how to make healthy food choices, read food labels and shop on a budget. **Please call to register for a tour.**

LET'S GET COOKING: A monthly cooking class focused on basic cooking skills and preparing quick and tasty low cost meals. No cooking experience necessary. **Four sessions: Thursday, January 26, February 23, March 16, April 20; all sessions from 3:30-5:00pm.**

GROUP EXERCISE PROGRAMS

GENTLE FIT: The class starts with a seated warm up, followed by strength exercises for the upper and lower body through the use of light hand weights, Therabands, and medicine balls. All exercises are completed in a chair or standing holding onto a chair. Balance exercise training and a full body stretch are also included. **Classes take place every Tuesday, 9:00-10:00am.**

BACK TO BASICS: Following a warm up, participants will complete a series of exercises, either sitting in a chair or standing holding on to the chair, to strengthen back and abdominal muscles. Some classes are done in a circuit fashion with light cardio to increase heart rate. Full body stretch at the end of class. **Classes are held every Thursday, 9:00-10:00am.**

MINDFUL MOVEMENTS: A unique style that adapts yoga type positions and movements. The creative use of a chair replaces the yoga mat and becomes an extension of your body. After an initial warm-up, participants perform a series of movements that build support and stability. Suitable for all ages, fitness levels, and physical conditions. **Classes take place every Thursday, 10:00-11:00am.**

SOCIAL DROP-IN

COFFEE CLUB: A weekly drop-in social group for adults of any age. Come by for a coffee or tea and a light snack and meet new friends. **The group runs every Monday, 2:00-4:00pm. The last Monday of each month, join us for an "Extra Special" Coffee Club session, with guest speakers, movies, crafts, entertainment, and more. Give us a call to see what we have planned!**



For more updates, follow Bridges CHC on Twitter or "Like" us on Facebook

HEALTHY MIND & BODY PROGRAMS

ASK A SOCIAL WORKER: An invitation to people living in the communities of Port Colborne and Wainfleet to drop in to Bridges CHC with questions you may have regarding mental health, including general life challenges. Your questions can be submitted anonymously on paper the day of the session. **Drop-in on Tuesday, January 24 and Tuesday, February 21, between 1:00-2:30pm.**

OUR PETS ARE GOOD FOR OUR HEALTH: Not only are our pets cute and cuddly, they are also very good for our overall health and well-being. Research has shown very positive outcomes for having a pet in our life. Join our social workers and learn more about the multiple health benefits of pets in this interactive, informative and fun presentation. Guest presenters will also share their positive experiences with their pets. Bring a picture of your pet(s) and be eligible to win door prizes for your pet. Light snacks provided. Please join us on **Tuesday, April 4, 1:00-3:15pm.**

QUIT SMOKING: Two-part program that provides strategies and tools to support your quit attempt; four week supply of nicotine replacement provided to eligible participants. **Monday, January 30 and February 6, 10:30am-12:00pm;** participants must attend both dates.

UNDERSTANDING GRIEF: The death of a loved one can be very overwhelming, stressful and emotional. In this presentation, learn more about the grieving process and how to cope and deal with one of the most difficult experiences that life can bring. **Wednesday, March 22, 4:30-6:30pm.**

DIABETES EDUCATION

DIABETES FRIENDLY COOKING CLASS: Do you, or someone you know have diabetes? Would you like to learn more about a balanced diabetes diet? Join your Bridges CHC Diabetes Team in the kitchen while we share our experiences, cook delicious recipes, and learn about how to better manage your diabetes. **Four Sessions: Friday, January 20, Friday, February 17, Wednesday, March 15, Friday, April 21; all sessions from 11:00am-1:00pm.**

DIABETES HOT TOPICS: Diabetes is a complicated group of diseases that can affect anyone. Join Chris & Athena, your Bridges CHC Diabetes Team, to learn about how to better manage your diabetes. Don't have diabetes, but have questions about it?! Feel free to attend this monthly presentation, all are welcome! **Wednesday, January 25 (Staying Healthy with Diabetes), February 15 (Stress and Dealing with Chronic Illness), March 29 (Ask the Pharmacist about Diabetes Medications), April 19 (Oral Health); all sessions from 3:00-4:00pm.**

KEEPING DIABETES AWAY: Are you at risk of developing diabetes? Are you interested in learning about steps you can take to prevent diabetes? Join Athena, your Diabetes Dietitian, for a workshop that will provide you with tips on how to better manage your diet and lifestyle to help you delay or prevent the development of diabetes. **Four sessions: Tuesday, January 10, 1:30-3:30pm; Tuesday, February 14, 1:30-3:30pm; Wednesday, March 22, 9:30-11:30am; Tuesday, April 25, 1:30-3:30pm.**



Have you signed up for Niagara Ride Share yet?
If not, what are you waiting for?

Learn more at www.niagararideshare.ca

It's FREE and simple to use!